



THE CEDARS OF MARIN

cedars



FALL 2010

BRANCHES

LIVING CREATIVE, PRODUCTIVE, JOYOUS LIVES

Cedars Receives EMPLOYER OF THE YEAR AWARD!

Cedars employees continually work to make our clients' lives more fulfilling. Succeeding at this is its own reward, but to be recognized by our peers in the community for what we do is a great honor. On Friday, October 1, Chuck Greene, Cheryl White, Connie Pelissero, and several Lifehouse clients participating in Cedars Day Programs attended the Lifehouse awards banquet to accept the esteemed Lifehouse Employer of the Year Award. This award is presented to businesses for the imaginative and effective ways in which they engage adults with developmental disabilities throughout the community in gainful employment. Cedars was chosen above all of the usual corporate employers because of the deep value of the unique program we have designed. Cedars clients create beautiful and original art, jewelry, and hand-loomed textiles in our day programs and then have the opportunity to sell them through the Artist Within: A Cedars Gallery, our store on San Anselmo Avenue. Our clients also do volunteer work in the community, maintaining trails at the Marin Headlands and other locations. Our gardeners can join a community gardening crew with contracts throughout Marin County. This model is a complete expression of our goal, which is to help our extraordinary clients in "Living Creative, Productive, Joyous lives."

WOOLY NEWS from TEXTILE ART CENTER Update on the Alpaca Project



Josi and Liz feeding their new alpaca friend, Sir Micklewhite.

Last year's LaVendemmia helped to fund one of Cedars most well-loved additions: ten fluffy, furry, lovable and goofy creatures—the TextileArt Center alpacas. Clients and staff can't help but beam with joy when they talk about these wonderful animals. Members of the TAC day program have chosen to care for them. They feed them, clean their corral, and get to know them by name. Nestled in the beautiful

hills surrounding the TAC, the alpacas are thriving in their new home.

Not only do they provide fun, love, and smiles, but also in late August we delivered 42 lbs. of fiber from our first alpaca shearing to Brook Farm in Glen Ellen. We are registered with the National Alpaca Blanket Project and have an official farm number. Alpaca fleeces are collected from Alpaca farms

throughout the U.S. and are delivered to the Pendleton Woolen Mills in Eastern Oregon. The mill devotes two months to carding, spinning, and weaving beautiful Alpaca blankets. We are paid for the fiber that goes to the mill and then we will have the opportunity to buy the finished blankets. We are all looking forward to cuddling up in blankets that were created from the soft wool of our furry friends.

REPORT ON LA VENDEMMIA!

Cedars of Marin 5th Annual La Vendemmia

Cedars Family members, clients, neighbors, friends, and staff gathered together on November 13, at the St. Francis Yacht Club to celebrate Cedars. Attendees enjoyed delicious food, wine, and the beautiful view of the San Francisco Bay as they appreciated each other's company and generously participated in our auction. The greatest success of the evening was the funding of beehives at the TAC. A local resident, David Peterson, has been our beehive

mentor at the ranch and now we will be well set to tend bees and make delicious honey to sell. In addition, a new lemon orchard, a par course, and an organic garden at each home were all well funded. The highlight of the evening was a delightful performance by clients Lucy Sokoloff, Anna Price, and Brigit Jackson, who were led by instructors Kellie Lennon and Tessa Barr in a hilarious skit about artists. We are tremendously grateful to all who came, especially our family members

who journeyed here from out of state to attend including the Ritters and friends, Ms. Lee Diane Collins Vest, and relatives of long time Cedars family member Hester Nau. We would like to put out a special thanks to Mimi Cribbin, the Party Queen, for her amazing interior design talent and party planning skills that made the event as beautiful as it was. Thank you to all for the tremendous out flowing of support for The Cedars of Marin!

A LIFE OF ADVENTURE

A busy life is a happy life and our group home residents are living proof of this. Our group home managers have been working hard to provide a life of adventure for our residents. Since our last newsletter the residents of Lamont House spent a day of lighthearted competition negotiating the water hazards, lavish gardens, and artist designed obstacles at the McInnis Miniature Golf Center, enjoyed a fast paced evening of entertaining aggression with the Bay City Bombers Roller Derby, spent a day of sun and exhilarating ocean breeze on a bay cruise with the Red and White Fleet, immersed themselves in the world of art at the de Young Museum, and spent a day with exotic wildlife and thrilling rides at Six Flags. Sandee Baumunk, the House Manager at Michele Circle exclaims, "We really do a lot of fun, wonderful things here at Michele Circle. Just yesterday we went to a high school play at San Marin High School. It was the musical *Little Women* and it was very good! We try to support the school because it is right down the street from us. This also goes along with our goals to fully integrate into the local community." Just in the last month, Michele Circle residents visited *Six Flags*, the San Francisco Zoo, and spent an evening at the Smuin Ballet, which Dance Magazine called, "One of this country's most entertaining, original ballet troupes." In addition to all of this, other group homes cheered on the world champion San Francisco Giants in person, bought their Halloween pumpkins at the Petaluma Pumpkin Patch, admired the beautiful animals at the Nicasio Horse Show, and partook in a paddling adventure by kayaking on the San Francisco Bay with Environmental Travel Companions. Life is an adventure!

FOCUS ON FITNESS



Members of our Cedars Fitness Club takes a moment to catch their breath and pose for a photo.

Fitness is abuzz around the Cedars of Marin these days. Every morning at the Victory Center clients gather to awaken their muscles with the morning stretching and exercise routine. Throughout the residence halls and day programs, clients can be heard talking about their weight loss successes and workout programs.

The newly formed Cedars Fitness Club has been a rousing success since its kickoff in August. Ross Campus clients completed a 5-stage par course, stopped by the Fitness Room for another workout, and finished up with their choice of a variety of healthy snacks. The spirited clients who signed-up for the challenge received their official T-shirts and personalized I.D. cards. Drew DeMarta of San Rafael's The Loop Fitness Center has come on board as our very own wellness

coach and will be working with clients to step up their fitness progress. Drew was recognized by the I.J. as the Volunteer of the Week for the amazing work he has done for the Cedars. He has been a great source of inspiration for our clients and his gentle, caring approach to creating the perfect routine for each client is what keeps them coming back.

At the TAC two of our Senior Program Staff, Yasmin Boroumand and Jane Schwartz, worked hard all last spring to receive their degrees as Professional Fitness Leader for Adults with Special Needs. Their expanded knowledge base and enhanced skills have brought a new dimension to the Fitness Program at the TAC. They look forward to sharing their expertise with other clients throughout the Cedars.

INDEPENDENT LIVING SKILLS PROGRAM

The new Cedars Independent Living Skills Program (ILS) is off to a great start! In keeping with our goal to encourage and assist our clients in developing programs tailored to help them reach their highest levels of independence, the ILS Program staff assess clients' needs, interests, and strengths with input from our clients themselves, their families and staff members that know them well. They then develop custom, individualized skills plans to target ILS goals. These goals offer learning opportunities that will help them achieve their full potential, provide a rich array of activities at home and in the community, and provide adaptations and resources that support the learning objectives. The best part about this program is that each individual's living skills plan

grows and evolves over time. For example, staff noticed that one of our clients, Namdar, who is of Iranian descent, was feeling isolated and detached from his native culture. He also expressed great enthusiasm about enhancing his computer skills, so it seemed a natural fit to combine the two to form a solution. After teaching Namdar the basics of navigating the internet, his curiosity and interests led him to discover Iranian movies (he is a huge film buff), documents, and images online. Seeing his joy in being able to connect



Namdar at his computer

with his culture has been one the highlights of the program's effectiveness thus far. Staff just discovered a local senior center that holds special events for Iranian seniors that may offer him more direct access and connection to his heritage. So from learning some basic computer skills, a whole new world and social life has opened up for him. We look forward to many more stories like this to share with you as this program progresses.

CEDARS RESIDENT FOR 75 YEARS!



Tom Trumbull, a pillar of the Cedars community.

On September 28, 1935, a small boy named Tommy Trumbull came to live at Cedars. Only five years old at the time, Tommy could only speak a few words and yet he quickly became a friend to all. When he grew older his job was to do the laundry. He loved doing the laundry so much that if the laundry room door was locked, he would stand outside it and wait until someone came to open it. No one has ever folded clothing more meticulously and with greater care than Tom. Another of his favorite things is coffee. A longtime Cedars staff member fondly recalls how the medical department used to hide their coffee pot in the closet to prevent Tom from drinking it all! To celebrate Tom's 80th birthday and 75th anniversary, the residents of Dante house took a trip to the Rainforest Café at Fisherman's Wharf in San Francisco where they had a tropical rainforest party. Now as a member of the TAC Senior Program and Dante House resident, Tom still loves his coffee and doing laundry and spends his days enjoying nature, walking to the park and dancing to the music of the 1950s and 60s. Tom's gentle spirit, quiet and caring nature, and uncomplicated ways endear him to all who know him.

GARDENS OF DELIGHT

As a result of our Fund-A-Need auction at La Vendemmia this year, we are delighted to announce that our group homes will be able to grow their dinner in a box! Residents of the group homes will be able to build their own garden box from lumber and corner braces and they will fill them with organic soil. All of this has been paid for by our wonderful auction donors. The vegetable and flower seedlings will come from the "Hands and Earth" green houses on the Ranch property.

The TAC gardeners will pass on helpful hints they have acquired on planting, watering, and caring for baby plants to the residents. They will also provide them with monthly updates about their garden tasks along with recipes to create delicious meals from their crops. Residents will be able to nurture their veggies throughout the year and reap the bountiful benefits of their own organic produce. This is a wonderful way to promote healthy eating and a great way to introduce new vegetables into the menus!



Noni poses with a beautiful tomato plant.



Vibrant seedlings wait patiently for planting in the TAC greenhouse.

2010 HIGHLIGHTS

2010 was a very busy and productive year at the Cedars as I hope you can tell from the highlights below. Perhaps nothing focuses our work more than our new tagline:

"Living Creative, Productive, Joyous Lives."

With your involvement and support we expect 2011's highlights to be even more noteworthy.

— CHUCK GREENE, EXECUTIVE DIRECTOR

- Dedicated main campus as The Generoso Pope, Jr. Campus
- Remodeled Cedarchest into The Artist Within: A Cedars Gallery
- Revitalized Cedars Independent Living Skills Program
- Developed a fitness center in John Peterson Hall
- Held a 6-month client art exhibit at McInnis Golf & Country Club
- Successfully implemented a new accounting software system
- Initiated a new healthy food service program
- Our first Director of Programs and Services, Cheryl White, joined the Cedars
- 10 new alpacas joined the Textile Art Center community
- Cedars joined UCLA in a national research project studying the affects of Alzheimer's disease in Down syndrome patients
- Created an exercise program on main campus
- Cedars is selected as the 2010 Employer of the Year by sister agency, Lifehouse
- Cedars Family Association provides \$15,000 to the Pope campus for an exercise room and another \$15,000 to be used for projects in each of our 10 group homes
- The Cedars Legacy Fund campaign gets underway to encourage families and friends to include Cedars in their estate planning and long-term philanthropy
- All the above was achieved with a balanced budget despite receiving a \$400,000 reduction in state funding!



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CEDARS ARTISTS at the de Young Museum

It has been said that every artist reaches into his own soul and paints his own nature into his pictures. Perhaps this is why the art of our clients breathes with the open sincerity of the extraordinary individuals who create it. Whenever we have the chance to share this unique vision with the world we welcome it with enthusiasm. On Saturday, Oct. 2nd, the de Young Museum hosted its annual Arts and Disabilities Open House. Two of the Victory Center's finest artists, Tony Hyde and Robert Lacey, were in attendance to demonstrate their artistic talents. Museum patrons sat and conversed with Robert, who was more than happy to share his techniques and inspirations while he painted a beautiful and haunting vision of a raven looming in a bleak autumn sky. Tony's unique art caught everyone's eye as well, causing many to stay for a while to watch him work. All that came by tried their hand at painting, adding to our community monoprint. While some attempted to mimic Tony's style, other's infused their own technique into the group work. Every visitor to our table was impressed and charmed by our two fine artists, and many will be visiting The Artist Within to purchase the art of these gifted gentlemen.



Tony Hyde demonstrates his technique at the de Young.

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